

**Amendments to the Claims**

Listing of Claims:

Please cancel claims 1-13, and 17-20.

Claim 14 (currently amended): A pharmacological dose unit that enhances the production of Chondrocyte IGF-1 and negates the degradation of cartilage [, promotes tissue repair and improves joint mobility and function in the elderly or those suffering from osteoarthritis]] comprising an extract of plant material from genus Lepidium with concentrated polar components and reduced lipid components and made by a process of exposing plant material from genus Lepidium, family Brassicaceae, to a solvent and subsequent depletion of aqueous properties.

Claim 15 (currently amended): The pharmacological dosage unit in claim [[11]]14 [[that increases IGF and promotes muscle strength]] wherein the solvent is selected from the group consisting of water and methanol.

Claim 16 (currently amended): The pharmacological dosage unit in claim [[11 that increases IGF and regulates blood glucose levels and is suitable for use in diabetes]] 14 wherein the Chondrocyte IGF-1 production is sustained for at least twenty four hours.

Claim 21 (new): A method of treating degradation of cartilage and increasing the production of Chondrocyte IGF-1 comprising the administration of an extract of plant material from genus *Lepidium*, family Brassicaceae with concentrated polar components and reduced lipid components and made by a process of exposing plant material from genus *Lepidium*, family Brassicaceae, to a solvent and subsequent separation and depletion of aqueous properties to concentrate the polar components.